

Certified Healthy Oklahoma

# Importance of Tobacco-free & Smoke-free Policies



**Oklahoma acknowledges the traditional and sacred use of tobacco among Native American/American Indian people living in Oklahoma.**

**In this presentation, tobacco refers to the use of commercial tobacco unless otherwise stated.**



# Learning Objectives

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- Discover the difference between secondhand and thirdhand smoke.
- Identify multiple benefits of a smoke-free policy.
- Observe different definitions that may be included in a smoke-free policy.
- Review nuances to be considered when creating or implementing a policy.
- Learn about the Breathe Easy Program and how to order materials
- Discover clean indoor air and cessation resources

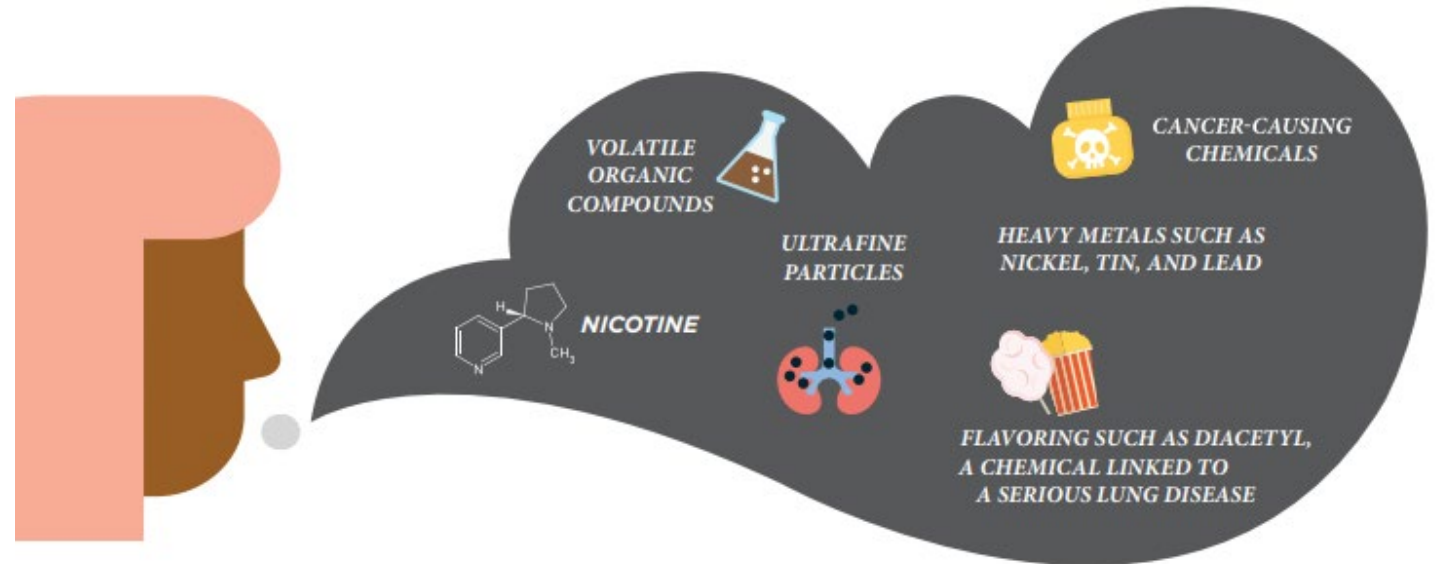


# 1

## Importance

# Secondhand & Thirdhand Smoke

- **Secondhand smoke** is the combination of “**sidestream**” smoke (the smoke given off by a burning tobacco product) and “**mainstream**” smoke (the smoke exhaled by a smoker)
- **Thirdhand smoke** is **residual nicotine and other chemicals** left on indoor surfaces by tobacco smoke



# Why is it important?

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- Smoke-free policies protect both smokers and non-smokers from being exposed to toxic chemicals
- Smoke-free policies are shown to help decrease youth initiation of tobacco products
- Smoke-free policies can assist smokers in their journey to quit
- Secondhand smoke can spread throughout a building through air ducts and other pathways, affecting even those who don't smoke. Smoke-free policies can reduce this pollution.



# Certified Healthy Oklahoma Application Breakdown

<b>Business</b>	<b>Campus</b>	<b>Community</b>
<b>414</b>	<b>45</b>	<b>39</b>
<b>Congregation</b>	<b>Early Childcare</b>	<b>School</b>
<b>16</b>	<b>853</b>	<b>578</b>
<b>TOTAL:</b>	<b>1945</b>	



# MythBusters

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- *Smoking is a right.*

Smokers are not a protected class of individuals and, as such, smoking is not a right afforded to individuals. This means it can be restricted or prohibited without fear of infringing on individual rights.

- *Smoke-free policies will hurt business.*

Studies show that smoke-free laws and policies do not have an adverse economic impact on the hospitality industry. Even casinos who have gone smoke-free have seen business dip then rebound to higher levels than before the policy was implemented.





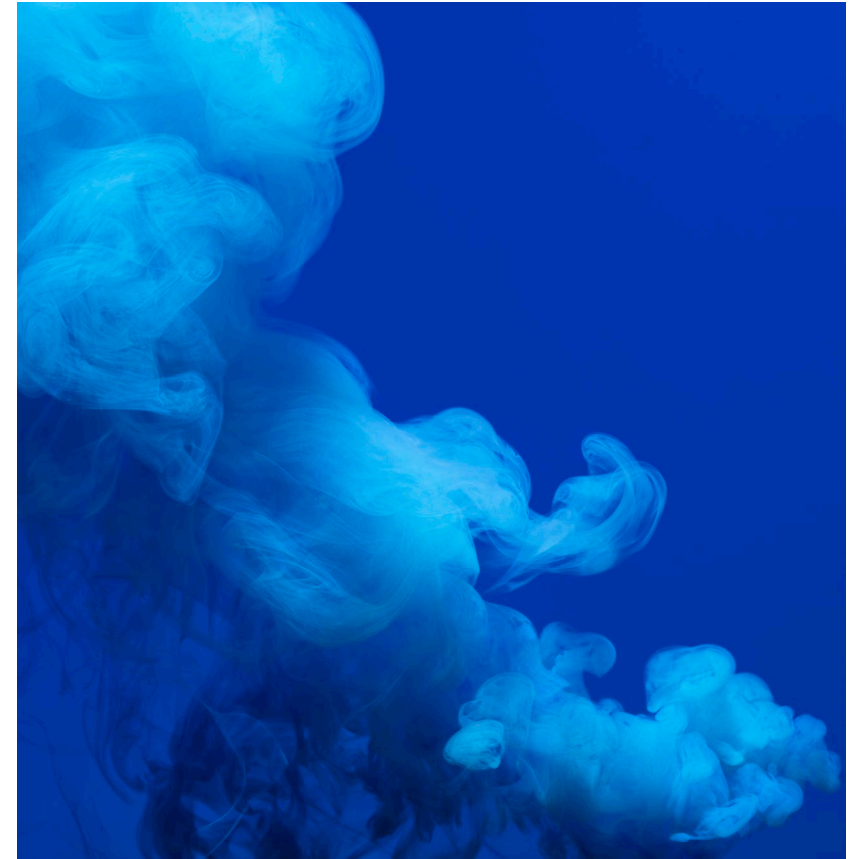
# MythBusters

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- *Vaping just produces water vapor.*

Vaping and e-cigarettes emit aerosols. Aerosols are a mix of tiny particles and/or droplets in the air. Electronic cigarettes produce an aerosol by using a metal coil to heat a liquid that usually contains nicotine, flavorings and other chemicals. E-cigarette users inhale this aerosol into their lungs.

Bystanders can also breathe in this aerosol when the user exhales into the air. These aerosols can contain potentially harmful substances — including nicotine, formaldehyde and metals — some of which cause cancer and other harmful health effects. The amount, quantity and toxicity of substances that e-cigarettes release depend on several factors, such as the type of device, how the device operates and is used, and the e-liquid used.



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## Definitions

# “Combustible/Lighted product vs. Non-combustible or Heated product”

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- Combustible or lighted products would include commercial cigarettes where a flame is used to "light" the material to be smoked. This is considered "combustible" as it burns with fire.
- Non-combustible products would include chewing tobacco, nicotine pouches, or other products that are utilized without lighting them with fire.
- Heated products include vapes or e-cigarettes which use a non-combustible chamber to heat "juice" or other liquids for consumption through an electronic device.



# “Tobacco Product”



- Any bidis, cigars, cheroots, stogies, smoking tobacco and chewing tobacco, however prepared. Tobacco products shall include any other articles or products made of tobacco or any substitute thereof
- "Chewing tobacco" means any Cavendish, twist, plug, scrap, and any other kinds and forms of tobacco suitable for chewing
- May be with or without nicotine; synthetic or natural

# “Vapor Product”

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- Non-combustible products, that may or may not contain nicotine, that employ a mechanical heating element, battery, electronic circuit or other mechanism, regardless of shape or size, that can be used to produce a vapor in a solution or other form. "Vapor products" shall include any vapor cartridge or other container with or without nicotine or other form that is intended to be used with an electronic cigarette, electronic cigar, electronic cigarillo, electronic pipe or similar product or device and any vapor cartridge or other container of a solution, that may or may not contain nicotine, that is intended to be used with or in an electronic cigarette, electronic cigar, electronic cigarillo or electronic device. "Vapor products" do not include any products regulated by the United States Food and Drug Administration under Chapter V of the Food, Drug and Cosmetic Act.



# “Smoking”

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- Any granulated, plug cut, crimp cut, ready rubbed, and any other kinds and forms of tobacco suitable for smoking in a pipe or cigarette
- The carrying by a person of a lighted cigar, cigarette, pipe or other lighted smoking device
- In Oklahoma, this definition includes marijuana, per Title 63



# Property, Times, & People

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- All property refers to all built property, vehicles, indoor areas, and all outside property including parking lots
- All times means 24 hours a day, 7 days a week with no exceptions, including during breaks
- All people refers to anyone who may be on the property including employees, students, volunteers, guests, residents, and others



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## Sample Policies



# Policy Inclusions

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- All Property – Your smoke-free policy should prohibit use on any of your property, indoor and outdoor, whether owned or leased and should include organization owned or leased vehicles.
- All Times – Your smoke-free policy should prohibit use 24/7 so there is no exception allowing smoking or other tobacco use at specific times.
- All People – Your smoke-free policy should be applicable to anyone who may be on the property including employees, students, volunteers, guests, residents, and others as needed.
- All Products - Your smoke-free policy should prohibit use of any products including commercial tobacco products as well as vapes and e-cigarettes. Your policy may also prohibit smoking marijuana if you wish.



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## Nuances

# Special Considerations (General)

## Vapor product addition

- If you are adding vapor products into your old policy, make sure that you add it in every applicable location and reread the policy before signing off.

## Marijuana

- Remember, prohibition of combustible marijuana IS LEGAL to include in your policy.

## Nicotine and nicotine free products

- Just because a product claims to be tobacco free (or “pure” nicotine), does not mean it is exempt; they are still a tobacco product according to the FDA.

# Special Considerations (Schools)

## Discipline

- Consequences for violating school policy by students is at the discretion of the school district. We recommend considering alternatives to suspension as days out of school without supervision may result in continued tobacco use.

## Student possession

- Schools should include prohibition of tobacco and vapor product possession by students while on school property. It is illegal for them to have these products.

## Teacherages

- This is outdated and needs to be removed from school policies to be considered completely tobacco free.

## Addition of vapor products to policy

- As mentioned earlier, including this into an old policy needs to be double checked; sometimes it is just easier to have a new policy.

# Special Considerations (Early Childcare/Daycares)

## At Home Daycares

- Currently, law only states the need to be tobacco-free during operating hours, however, to prevent SHS exposure, you may want to include afterhours (24/7 indoors); Also, eliminate smoking in any vehicle used to transport children

## Smoke Breaks

- Eliminating smoke breaks is a great way to reduce SHS exposure for employees, visitors, and children while looking after the health of your employees by encouraging quitting

## Allowing Smoke Breaks

- If you allow smoke breaks, consider requiring the employee to change clothes and wash their hands immediately following smoking breaks; prohibit smoking in parking lot(s)

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## Breathe Easy

# New Website

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A newly remodeled Breathe Easy website is now available.

The website hosts a variety of resources for:

- Multi Unit Housing
- Worksites
- Schools/Campuses
- At Home Childcares



The website also provides linkage to laws and regulations related to clean indoor air in Oklahoma

# Signage Available

- Indoor signage – Self adhesive decals are available in multiple sizes to be placed on entrance or exit doors to notify visitors of your smoke-free policy.
- Outdoor signage - Weatherproof 15x15 metal signage is available to be installed in parking lots or outside your buildings to alert visitors that your entire campus is smoke-free.
- When requesting decals, we would greatly appreciate a copy of your smoke-free policy, but this is not required for receipt of these free materials. You will need a copy of your policy, however, for metal signage requests.





# Outdoor Signage Guidelines

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- Guidelines may help you identify how many metal outdoor signs to request. These guidelines can be found on our new Breathe Easy website under "Request Materials."
- Should you have a special circumstance that you feel requires more metal outdoor signs than the guidelines allow, please contact us directly at [OnlyAir@health.ok.gov](mailto:OnlyAir@health.ok.gov) and we will review the situation to see if there is justification for additional signs.
- There is no limit to the number of indoor decals that may be requested.



# Catalog Ordering

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- To make ordering more efficient for you, a fillable catalog has been developed. You can view each type of decal and metal outdoor sign, select the number you need, save and attach to the email provided. This will also be your copy receipt.
- Please do not submit requests directly in an email without attachments as this slows down order fulfillment.
- For assistance ordering or for any other questions, please use the Contact Us page.
- Please allow 5-7 business days for order processing and shipping.



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## Resources

# Don't know where to start?

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- **Breathe Easy** – signage, facts sheets, technical assistance, & more
- **Certified Healthy OK** – individual resources, application assistance, fact sheets, & more
- **Public Health Law Center** – tailored legal technical assistance
- **Oklahoma Tobacco Helpline (OKhelpline.com)** – Cessation resources
- **American Nonsmokers' Rights Foundation (no-smoke.org)** – resource library, FAQs, national and local data, & trainings



# Questions?

Email us at:

[OnlyAir@health.ok.gov](mailto:OnlyAir@health.ok.gov)

